

OPTIONAL INFORMATION	
Name of School:	Date of Inspection:
Vocational Program/Course/Room:	Signature of Inspector:

FALL PROTECTION- Part 2 SELF INSPECTION CHECKLIST

Instructions: This checklist covers fall protection systems criteria and practice regulations for guardrail systems, personal fall arrest systems and warning line systems. These regulations were issued by the U.S. Department of Labor - OSHA under the Construction standard 29 CFR 1926.502 which was adopted by reference. It applies to temporary work sites associated with construction, alteration, demolition and/or repair work including painting and decorating. In general, fall protection is required where individuals work on walking/working surfaces that are 6 feet or more above lower levels. This checklist should be used in conjunction with the "Fall Protection - Part 1 and 3" checklists. Definitions of underlined terms are provided at the end of the checklist to help you understand some of the terms. Safety net systems and positioning device systems have not been addressed as part of these fall protection checklists. In these situations, please consult the OSHA regulations.

Guardrail Systems

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| 1. Is the top edge height of top rails, or equivalent guardrail system members, 42 inches plus or minus 3 inches above the walking/working level? [29 CFR 1926.02(b)(1)] | Y N N/A DK |
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Note: When conditions warrant, the height of the top edge may exceed the 45-inch height, provided the guardrail system meets all other criteria. When employees are using stilts, the top edge height of the top rail, or equivalent member, shall be increased an amount equal to the height of the stilts.

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| 2. | Are the midrails, screens, mesh, intermediate vertical members, or equivalent intermediate structural members installed between the top edge of the guardrail system and the walking/working surface, when there is no wall or parapet wall at least 21 inches high? [29 CFR 1926.02(b)(2)] | Y N N/A DK |
| 3. | Are midrails, when used, installed at a height midway between the top edge of the guardrail system and the walking/working level? [29 CFR 1926.02(b)(2)(i)] | Y N N/A DK |
| 4. | Do screens and mesh, when used, extend from the top rail to the walking/working level and along the entire opening between top rail supports? [29 CFR 1926.02(b)(2)(ii)] | Y N N/A DK |
| 5. | Are intermediate members (such as balusters), when used between posts, not more than 19 inches apart? [29 CFR 1926.02(b)(2)(iii)] | Y N N/A DK |
| 6. | Are other structural members (such as additional midrails and architectural panels) installed such that there are no openings in the guardrail system that are more than 19 inches wide? [29 CFR 1926.02(b)(2)(iv)] | Y N N/A DK |
| 7. | Are guardrail systems capable of withstanding, without failure, a force of at least 200 pounds applied within 2 inches of the top edge, in any outward or downward direction, at any point along the top edge? [29 CFR 1926.02(b)(3)] | Y N N/A DK |

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8. When a 200 pound test load is applied in a downward direction to the top rail, does the top edge of the guardrail not deflect to a height less than 39 inches above the walking/working level? [29 CFR 1926.02(b)(4)] Y N N/A DK

Note: Please refer to the OSHA guidelines in Appendix B of Subpart M - Guardrail Systems for specifications. Guardrail system components selected and constructed in accordance with Appendix B are deemed to meet this requirement.

9. Are midrails, screens, mesh, intermediate vertical members, solid panels, and equivalent structural members capable of withstanding, without failure, a force of at least 150 pounds applied in any downward or outward direction at any point along the midrail or other member? [29 CFR 1926.02(b)(5)] Y N N/A DK
10. Are guardrail systems surfaced so as to prevent injury to an individual from punctures or lacerations, and to prevent snagging of clothing? [29 CFR 1926.02(b)(6)] Y N N/A DK
11. Do the ends of all top rails and midrails not overhang the terminal posts, except where such overhang does not constitute a projection hazard? [29 CFR 1926.02(b)(7)] Y N N/A DK
12. Are top rails or midrails not constructed of steel banding and plastic banding? [29 CFR 1926.02(b)(8)] Y N N/A DK
13. Are top rails and midrails at least one-quarter inch nominal diameter or thickness to prevent cuts and lacerations? [29 CFR 1926.02(b)(9)] Y N N/A DK

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| 14. | If wire rope is used for top rails, is it flagged at not more than 6-foot intervals with high-visibility material? [29 CFR 1926.02(b)(9)] | Y N N/A DK |
| 15. | When guardrail systems are used to protect hoisting areas, is a chain, gate or removable guardrail section placed across the access opening between guardrail sections when hoisting operations are not taking place? [29 CFR 1926.02(b)(10)] | Y N N/A DK |
| 16. | When guardrail systems are used at holes, are they erected on all unprotected sides or edges of the hole? [29 CFR 1926.02(b)(11)] | Y N N/A DK |
| 17. | When guardrail systems are used around holes used for the passage of materials, does the hole not have more than two sides provided with removable guardrail sections to allow the passage of materials? [29 CFR 1926.02(b)(12)] | Y N N/A DK |
| 18. | When a hole is not in use, is it closed over with a cover, or is a guardrail system provided along all unprotected sides or edges? [29 CFR 1926.02(b)(12)] | Y N N/A DK |
| 19. | When guardrail systems are used around holes which are used as points of access (such as ladderways), are they provided with a gate, or be so offset that a person cannot walk directly into the hole? [29 CFR 1926.02(b)(13)] | Y N N/A DK |
| 20. | Are guardrail systems used on ramps and runways erected along each unprotected side or edge? [29 CFR 1926.02(b)(14)] | Y N N/A DK |

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21. Is manila, plastic or synthetic rope being used for top rails or midrails inspected as frequently as necessary to ensure that it continues to meet the strength requirements indicated in Questions 7, 8 and 9? [29 CFR 1926.02(b)(15)] Y N N/A DK

Personal Fall Arrest Systems

22. Are body belts not used as part of a personal fall arrest system? [29 CFR 1926.02(d)] Y N N/A DK
23. Are connectors on personal fall arrest systems drop forged, pressed or formed steel, or made of equivalent materials? [29 CFR 1926.02(d)(1)] Y N N/A DK
24. Are connectors on personal fall arrest systems covered with a corrosion-resistant finish, and are all surfaces and edges smooth to prevent damage to interfacing parts of the system? [29 CFR 1926.02(d)(2)] Y N N/A DK
25. Do dee-rings and snaphooks on personal fall arrest systems have a minimum tensile strength of 5,000 pounds? [29 CFR 1926.02(d)(3)] Y N N/A DK
26. Have dee-rings and snaphooks on personal fall arrest systems been proof-tested to a minimum tensile load of 3,600 pounds without cracking, breaking, or taking permanent deformation? [29 CFR 1926.02(d)(4)] Y N N/A DK
27. Are snaphooks of the locking type designed and used to prevent disengagement of the snaphook by the contact of the snaphook keeper by the connected member? [29 CFR 1926.02(d)(5)] Y N N/A DK

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28. Are locking type snaphooks not used for the following types of connections unless designed for that purpose? [29 CFR 1926.02(d)(6)] Y N N/A DK
- directly to webbing, rope or wire rope;
 - to each other;
 - to a dee-ring to which another snaphook or other connector is attached;
 - to a horizontal lifeline; or
 - to any object which is incompatibly shaped or dimensioned in relation to the snaphook such that unintentional disengagement could occur by the connected object being able to depress the snaphook keeper and release itself.
29. Are horizontal lifelines designed, installed, and used, under the supervision of a qualified person, as part of a complete personal fall arrest system, which maintains a safety factor of at least two? [29 CFR 1926.02(d)(8)] Y N N/A DK
30. Do lanyards and vertical lifelines have a minimum breaking strength of 5,000 pounds? [29 CFR 1926.02(d)(9)] Y N N/A DK
31. When vertical lifelines are used, is each individual attached to a separate lifeline? [29 CFR 1926.02(d)(10)] Y N N/A DK
32. Are lifelines protected against being cut or abraded? [29 CFR 1926.02(d)(11)] Y N N/A DK

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| 33. | Are self-retracting lifelines and lanyards which automatically limit free fall distance to 2 feet or less capable of sustaining a minimum tensile load of 3,000 pounds applied to the device with the lifeline or lanyard in the fully extended position? [29 CFR 1926.02(d)(12)] | Y N N/A DK |
| 34. | Are self-retracting lifelines and lanyards which do not limit free fall distance to 2 feet or less, ripstitch lanyards, and tearing and deforming lanyards capable of sustaining a minimum tensile load of 5,000 pounds applied to the device with the lifeline or lanyard in the fully extended position? [29 CFR 1926.02(d)(13)] | Y N N/A DK |
| 35. | Are ropes and straps (webbing) used in lanyards, lifelines, and strength components of body belts and body harnesses made from synthetic fibers? [29 CFR 1926.02(d)(14)] | Y N N/A DK |
| 36. | Are anchorages used for attachment of personal fall arrest equipment independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,000 pounds per individual attached? [29 CFR 1926.02(d)(15)] | Y N N/A DK |
| Note: As an alternative, anchorages may be designed, installed, and used as part of a complete personal fall arrest system which maintains a safety factor of at least two and is under the supervision of a qualified person. | | |
| 37. | Do personal fall arrest systems, when stopping a fall, limit the maximum arresting force on an individual to 1,800 pounds when used with a body harness? [29 CFR 1926.02(d)(16)(ii)] | Y N N/A DK |

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38. Are personal fall arrest systems, when stopping a fall, rigged such that an individual can neither free fall more than 6 feet, nor contact any lower level? [29 CFR 1926.02(d)(16)(iii)] Y N N/A DK
39. Do personal fall arrest systems, when stopping a fall, bring an individual to a complete stop and limit maximum deceleration distance an individual travels to 3.5 feet? [29 CFR 1926.02(d)(16)(iv)] Y N N/A DK
40. Do personal fall arrest systems, when stopping a fall, have sufficient strength to withstand twice the potential impact energy of an individual free falling a distance of 6 feet, or the free fall distance permitted by the system, whichever is less? [29 CFR 1926.02(d)(16)(v)] Y N N/A DK
- Note: If the personal fall arrest system meets the criteria and protocols contained in Appendix C to subpart M, and if the system is being used by an employee having a combined person and tool weight of less than 310 pounds (140 kg), the system will be considered to be in compliance with the requirements outlined in Questions 37-40 above. If the system is used by an employee having a combined tool and body weight of 310 pounds (140 kg) or more, then the employer must appropriately modify the criteria and protocols of the Appendix to provide proper protection for such heavier weights, or the system will not be deemed to be in compliance with the OSHA requirements. Y N N/A DK
41. Is the attachment point of the body harness located in the center of the wearer's back near shoulder level, or above the wearer's head? [29 CFR 1926.02(d)(17)] Y N N/A DK

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| 42. | Are body harnesses and components used only for individual protection (as part of a personal fall arrest system) and not to hoist materials? [29 CFR 1926.02(d)(18)] | Y N N/A DK |
| 43. | Are personal fall arrest systems and components subjected to impact loading immediately removed from service and not used again for protection until inspected and determined by a <u>competent person</u> to be undamaged and suitable for reuse? [29 CFR 1926.02(d)(19)] | Y N N/A DK |
| 44. | Are provisions made for prompt rescue of individuals in the event of a fall or are individuals able to rescue themselves? [29 CFR 1926.02(d)(20)] | Y N N/A DK |
| 45. | Are personal fall arrest systems inspected prior to each use for wear, damage and other deterioration, and defective components removed from service? [29 CFR 1926.02(d)(21)] | Y N N/A DK |
| 46. | Are personal fall arrest systems not attached to guardrail systems or hoists? [29 CFR 1926.02(d)(23)] | Y N N/A DK |

Note: OSHA regulations do permit some exemptions.

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| 47. | When a personal fall arrest system is used at hoist areas, is it rigged to allow the movement of the individual only as far as the edge of the walking/working surface? [29 CFR 1926.02(d)(24)] | Y N N/A DK |
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Warning Line Systems

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| 48. | Is a warning line erected around all sides of the roof work area? [29 CFR 1926.02(f)(1)] | Y N N/A DK |
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| 49. | When mechanical equipment is not being used, is the warning line erected not less than 6 feet from the roof edge? [29 CFR 1926.02(f)(1)(i)] | Y N N/A DK |
| 50. | When mechanical equipment is being used, is the warning line erected not less than 6 feet from the roof edge which is parallel to the direction of mechanical equipment operation, and not less than 10 feet from the roof edge which is perpendicular to the direction of mechanical equipment operation? [29 CFR 1926.02(f)(1)(ii)] | Y N N/A DK |
| 51. | Are points of access, materials handling areas, storage areas, and hoisting areas connected to the work area by an access path formed by two warning lines? [29 CFR 1926.02(f)(1)(iii)] | Y N N/A DK |
| 52. | When the path to a point of access is not in use, is a rope, wire, chain, or other barricade, equivalent in strength and height to the warning line, placed across the path at the point where the path intersects the warning line erected around the work area, or is the path offset such that a person cannot walk directly into the work area? [29 CFR 1926.02(f)(1)(iv)] | Y N N/A DK |
| 53. | Do warning lines consist of ropes, wires, or chains, and supporting stanchions? [29 CFR 1926.02(f)(2)] | Y N N/A DK |
| 54. | Is the rope, wire, or chain flagged at not more than 6-foot intervals with high-visibility material? [29 CFR 1926.02(f)(2)(i)] | Y N N/A DK |

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| 55. | Is the rope, wire, or chain rigged and supported in such a way that its lowest point (including sag) is no less than 34 inches from the walking/working surface and its highest point is no more than 39 inches from the walking/working surface? [29 CFR 1926.02(f)(2)(ii)] | Y N N/A DK |
| 56. | After being erected, with the rope, wire, or chain attached, are stanchions capable of resisting, without tipping over, a force of at least 16 pounds applied horizontally against the stanchion, 30 inches above the walking/working surface, perpendicular to the warning line, and in the direction of the floor, roof, or platform edge? [29 CFR 1926.02(f)(2)(iii)] | Y N N/A DK |
| 57. | Does the rope, wire, or chain have a minimum tensile strength of 500 pounds, and after being attached to the stanchions, is it capable of supporting, without breaking, the loads applied to the stanchions as prescribed in Question 56? [29 CFR 1926.02(f)(2)(iv)] | Y N N/A DK |
| 58. | Is the line attached at each stanchion in such a way that pulling on one section of the line between stanchions will not result in slack being taken up in adjacent sections before the stanchion tips over? [29 CFR 1926.02(f)(2)(v)] | Y N N/A DK |
| 59. | Are individuals not allowed in the area between a roof edge and a warning line unless the individual is performing roofing work in that area? [29 CFR 1926.02(f)(3)] | Y N N/A DK |
| 60. | Is mechanical equipment on roofs used or stored only in areas where individuals are protected by a warning line system, guardrail system, or personal fall arrest system? [29 CFR 1926.02(f)(4)] | Y N N/A DK |

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Definitions:

Competent person is one qualified in the following areas: i) The nature of fall hazards in the work area; ii) The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used; iii) The used and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, controlled access zones, and other protection to be used; iv) The role of each individual in the safety monitoring system when this system is used; v) the limitations on the use of mechanical equipment during the performance of roofing work on low-sloped roofs; vi) The correct procedures for the handling and storage of equipment and materials and the erection of overhead protection; vii) The role of individuals in fall protection plans; and viii) The OSHA fall protection standard.